

Cigarette smoking is perhaps the most devastating preventable cause of disease and premature death. Nearly 50 million Americans smoke—including one in five teenagers—resulting in nearly 450,000 deaths each year. Smoking is particularly dangerous for teens because their bodies are still developing and changing and the 4,000 chemicals (including 200 known poisons) in cigarette smoke can adversely affect this process. Cigarettes are also highly addictive, both mentally and physically, and can serve as a major gateway to other forms of drug addiction. Adolescent cigarette smokers are 100 times more likely to smoke marijuana and are more likely to use other illicit drugs such as cocaine and heroin in the future.

## What are the <sup>risks</sup> associated with smoking cigarettes?

- 👃 diminished or extinguished sense of smell and taste
- ✕ frequent colds
- ✚ smoker's cough
- 👄 gastric ulcers
- ✂ chronic bronchitis
- ✳ increase in heart rate and blood pressure
- 👉 premature and more abundant face wrinkles
- ✉ emphysema
- 👉 heart disease
- ✳ stroke
- ★ cancer of the mouth, larynx, pharynx, esophagus, lungs, pancreas, cervix, uterus, and bladder

The use of tobacco is addictive. Most users develop tolerance for nicotine and need greater amounts to produce a desired effect. Smokers become physically and psychologically dependent and will suffer withdrawal symptoms when use is stopped. Physical withdrawal symptoms include: changes in body temperature, heart rate, digestion, muscle tone, and appetite. Psychological symptoms include: irritability, anxiety, sleep disturbances, nervousness, headaches, fatigue, nausea, and cravings for tobacco that can last days, weeks, months, years, or an entire lifetime.

Most smokers are treated like second-class citizens by the rest of society.

**Nearly one in five high school males uses spit tobacco. Continuous intake of spit tobacco leads to various oral cancers and a whole host of other diseases, in addition to bad breath.**

Smoking can cause or further increase stress, nervousness, and agitation rather than calm you down.

Addiction to cigarettes frequently leads to other forms of drug addiction.

Cigarettes are a known killer—why begin a habit that you know can eventually kill you?

Cigarettes are highly addictive. One-third of young people who are just "experimenting" end up being addicted by the time they are 20.

Did you know that second-hand smoke is responsible for approximately 3,000 lung cancer deaths annually of non-smokers in the United States?



People say that kissing a smoker is like licking an ashtray.